

1v1 / 2v2 Attacking - VLSC Mini Camp 2

Date : 15/Aug/2014

Duration : 1:30 hour

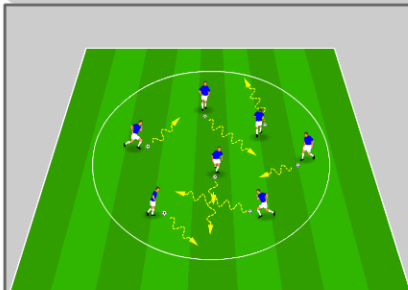
Session

Time : N/A

Age/Level : U8 - U14

Objective:

Dribbling Circle



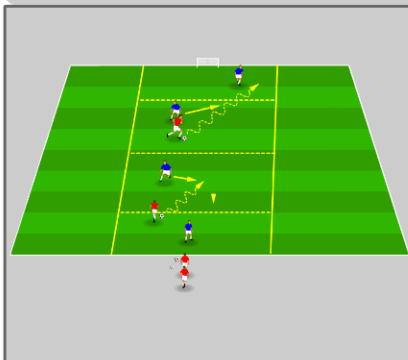
Description :

All players have their own ball within the circle. They dribble around the circle at their own speed performing various moves shouted out by the coach.

Coaching Points :

- Small tight touches
- Use a body feint
- Exploded after your move

Bull in the Ring



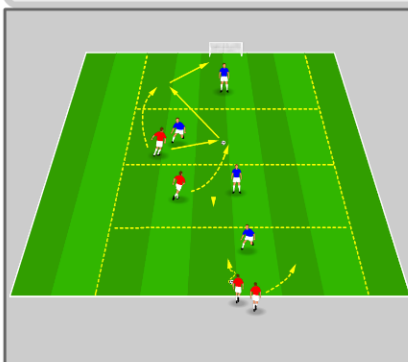
Description :

The Blue team each has a box to defend. They can not come out of that box. Once the defender is by them they are done. The Red team lines up at the end of the grid is trying to score by dribbling the ball through each box and finally scoring on the goal at the end. A point is gain by each bo they are able to successfully dribble into. Once they clear a box or the defender kicks their ball out the next attacker (red) can start dribbling to score. After 1 minute the teams switch.

Coaching Points :

- Explode past the defender after your move.
- Send the defender one way with a feint.
- Recognition of when to do a move and when to dribble by.

Gauntlet 2v1



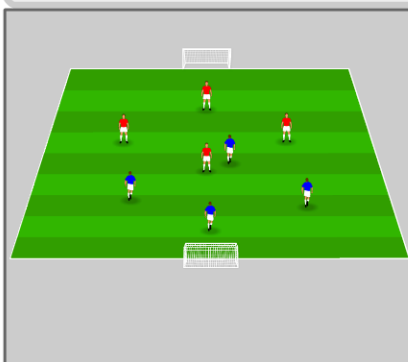
Description :

Two teams. One Attacking, lined up on the end line, and one Defending, lined up one in each box. The attackers enter the box and attack the first defender 2v1. If they successfully beat the defender they then enter the next box to attack the next defender. This repeats until they reach the last box and score a goal. Each box they successfully enter is a point of the attacking team. If the defender wins it they kick the ball out of the box and await the next group of attackers.

Coaching Points :

- First attack must attack the open space/or defender quickly at pace.
- Can attackers perform a give and go or an overlap to create space.
- Second attack make a run to drag the defender away from the 1st attacker.
- Attack in a manner in which the defender must make a decision. (Unpredictable)

4v4 to Goal



Description :

- Normal match to goal.
- Normal game rules apply.

Coaching Points :

- Coaching points should be made through the run of play with only nature stoppages interrupting the flow of the game.